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BRUINS IN MANHATTAN TONIGHT {page 18}

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BOSTON
Wednesday, January 23, 2013

Haute Hub

- Site names Boston's '50 Most Fashionable'
- List is meant to combat city's negative style image
- Who made the cut? {page 03}

Murder charge expected for nanny after infant's death

- Aisling McCarthy Brady, 34, held on $500K bail after 1-year-old in her care dies from head injuries
- Defense lawyer: Vaccines may be responsible {page 02}

home

Wishing your pad a happy Valentine's Day

- Home really is where the heart is, so put some heart into decorating it this month {page 21}

'Sister Act' goes to the disco {page 08}

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DA: Nanny likely to face murder charge in death of 1-year-old girl

The 34-year-old nanny is in the US illegally, federal authorities said ◗ Her lawyer says she did not harm the girl ◗ Cambridge baby died from 'abusive head trauma,' officials said

The lawyer of a nanny accused of killing a 1-year-old Cambridge girl in her care suggested that the baby may have died from symptoms from vaccines rather than by abuse from the nanny.

Aisling McCarthy Brady, 34, of Quincy, pleaded not guilty during her arraignment yesterday to assault and battery on a child causing substantial bodily injury.

Brady had been caring for Rehma Sabir for about six months. She told authorities that on Jan. 14, the child's birthday, she was feeding Sabir lunch and noticed that the baby eventually slumped over in her highchair and that her eyes looked "sleepy," according to prosecutors. She put Sabir to bed and then noticed that at about 4:30 she was having a seizure in her crib.

Police were called to the house and Sabir was taken to Boston Children's Hospital where she was pronounced brain dead and died two days later.

Doctors diagnosed her with subdural and retinal hemorrhaging and cerebral swelling caused by "abusive head trauma," authorities said. She also appeared to be healing from multiple bone fractures.

PAT GREENHOUSE/POOL PHOTO

▶ Defense attorney Melinda Thompson addresses the judge as her client, Aisling McCarthy Brady, of Quincy, hid behind a door during her arraignment yesterday.

By the numbers

$500K Brady was held on $500,000 cash bail and is due back in court next month. Her lawyer said she would not likely be able to post that amount of bail.

Brady's background

Brady's lawyer said she was married about a year ago and has worked as a nanny for 13 years for children whose parents are lawyers and doctors. She also said that Brady had no other incidents involving child care. Prosecutors said that Brady has no criminal record, but does have two restraining orders against her in other incidents.

"She's devastated. She called 911. She went to the hospital with the family. ... She was mourning this child with the family." THOMPSON ABOUT BRADY

Brady here illegally

- Immigration officials said Brady was allowed into the United States from Ireland in 2002 on a 90-day visa waiver and did not leave the country as she should have, according to the Globe.
- In court yesterday, prosecutors said federal officials put a detainer on Brady and she may be deported once her case here is settled.

Authorities said that Sabir's parents were out on the day she fell ill and that Brady was the only person to have direct contact with her on that day.

Her head injuries were more consistent with violent shaking, said Assistant District Attorney Katharine Folger, adding that the charges would likely be upgraded to homicide.

"She was otherwise a healthy, normal ... baby," said Folger.

However, Brady's attorney, Melinda Thompson, said that her client has no idea what happened to the child. She suggested that Sabir may have fallen ill because of complications from vaccines that have symptoms similar to shaken baby syndrome. She also said that something could have happened to Sabir while on a trip with her parents recently as they visited England, Pakistan and Saudi Arabia.

"She's devastated," Thompson said of Brady. "She called 911. She went to the hospital with the family. ... She was mourning this child with the family."

Michael Naughton
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By the numbers

50K

The number of potential undergrads applying to Boston University climbed above 50,000 to 52,532, setting a record for number of applicants, the school recently announced. The number reached before the Jan. 1 deadline is a 20 percent spike over last year's record of more than 44,000. There are 3,800 slots for the Class of 2017, the school said. METRO

Today's local tweet

"Just chiming in to complain about the cold with the rest of the twitter world #Freezing #Boston #Butwheresthesnow"

@KATKISSES13 WASN'T IMPRESSED WITH THE HUB'S TEMPERATURE YESTERDAY.

Fire. Lynn

▶ A three-alarm fire quickly engulfed a home on Murray Street in Lynn yesterday afternoon.

NICOLAUS CZARNECKI/METRO

Smoke, flames race through Lynn home

A three-alarm fire tore through a Lynn home yesterday morning, badly damaging it. All of the people inside were able to escape, officials said. The cause is still being investigated; however, a man who lives in the building said his 4-year-old grandson was playing with a lighter, according to WBZ. The American Red Cross is assisting the 11 people displaced by the fire. METRO

In the news

Gun bill quickly lands in limbo

MASSACHUSETTS. A dispute has already developed between the House and Senate over where to send gun control legislation filed by Gov. Deval Patrick last week. The House had recommended sending the bill to the Joint Committee on the Judiciary. The Senate disagreed yesterday, referring the bill instead to the Joint Committee on Public Safety and Homeland Security. House Speaker Robert DeLeo and Senate President Therese Murray have not yet assigned members to committees. For the bill to reach the next step in the process — a public hearing — it's now up to one of the branches to relent from its position, which would enable the bill to go before a committee for review. SHNS

'Kisses' the dog has a broken heart

BOSTON. A local animal shelter is trying to raise money for an abandoned puppy's potentially live-saving heart surgery.

The MSPCA's Angell Animal Medical Center in Boston created a donation page for "Kisses," a poodle mix.

Any leftover money will go toward the care of other homeless animals, according to a spokesman. METRO

US Trendy names 'Most Fashionable' in Boston scene

DIMITRIOS KAMBOURIS/FILMMAGIC

▶ It's no surprise that Patriots quarterback Tom Brady and his supermodel wife Giselle Bundchen were on the list.

A Boston-based website that helps designers make a name for themselves in the fashion industry is fed up with out-of-towners hating on the Hub's fashion sense, so it put together a list of the city's most fashionable people.

US Trendy recently released its first "Boston's 50 Most Fashionable" list to let the world know that the city doesn't deserve its frumpy-fashion reputation.

"The question I get most when I'm traveling is, 'Why are you running the website from Boston?'" said US Trendy CEO Sam Sisakhti. "I'm so tired of hearing it. There are a lot of fashionable people here. It was time to show that."

Topping the list is television news anchor Kim Khazei.

The list isn't a "best dressed" roundup, Sisakhti said, but rather focuses on the Bostonian's influence on fashion.

"The way [Khazei] carries herself, her presence, her style; so many people respect her. Her influence on Boston and young women played a role, and the way she commands the camera," Sisakhti.

Gisele Bundchen scored the No. 2 spot, a no-brainer considering her supermodel status.

Quoted

"It's not about the clothes on your back, but how stylish you are in your arena."

SAM SISAKHTI, US TRENDY FOUNDER AND CEO

Olympic gold medalist Aly Raisman also made the cut.

In July, Raisman told US Weekly that she'd like to pursue a fashion designing career, saying, "When I'm older, I want to have my own workout clothes line, like leggings and cute jackets in bright and fun colors."

"In the traditional sense of best-dressed, I would never expect to be on a list like that," said Boston Fashion Week creator Jay Calderin, who came in at No. 29. "But fashion is so much more than that. There are so many people in fashion who aren't on the front lines dressing to the nines, but they are still making Boston more fashionable."

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A peek at 'Boston's Most Fashionable'

- Olympic gymnast **Aly Raisman**
- Supermodel **Gisele Bundchen**
- Patriots quarterback **Tom Brady**
- Miss Massachusetts **Natalie Pietrzak**
- Karma Loop founder, **Greg Selkoe**, and his wife, **Dina**
- 94.5 radio's **DJ Ramiro**
- Television news reporter **Susan Tran**

News in brief

Cambridge woman drops poems around the MBTA

After the Sandy Hook shootings, Cambridge resident Jen Bonardi was inspired by a national campaign that called for "26 acts of kindness," but she couldn't figure out how to go about doing it.

COURTESY/JEN BONARDI

▶ The poems

She handed out $26 worth of Dunkin' Donuts gift cards to strangers, but when that didn't hit the spot, she came up with the idea for "26 Acts of Poetry."

Last week Bonardi threw 26 folded poems on trains throughout the MBTA.

"I hope I didn't freak anybody out," she said.

The poems are written by 26 different poets, including Boston slam poet Erich Haygun, and each was dedicated to a Sandy Hook child or teacher who died.

Bonardi's blog asks those who find poems to reach out and share their feelings.

So far, she has heard from two T riders, but she hopes more messages will come.

"Sometimes you don't believe you've touched somebody until you've heard from them," she said.

METRO/MR

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USPS gone postal with runaway travel costs

The Postal Service's watchdog is investigating the agency for runaway travel expenses, a lingering problem for the cash-strapped mail carrier even as it tries aggressively to cut costs.

A report from the Postal Service's Office of Inspector General, released in September, said the employees improperly claimed refunds or used government-issued travel cards for personal expenses such as hotel stays and purchasing gasoline, among other issues. USPS agreed to the watchdog's recommendations, including better systems to monitor travel card activity and better written expense policies, but the Office of Inspector General is still probing the issue.

In September, David Kosturko, a former Postal Service executive, was convicted of defrauding the agency of more than $17,000. **REUTERS**

JOE RAEDLE/GETTY IMAGES

▶ Have public funds, will travel.

Quoted

"USPS must take every action within its power to rein in fraud and mismanagement ... to cut costs."

REP. DARRELL ISSA OF CALIFORNIA

$16B

The agency lost almost $16 billion last year.

$1M

It paid more than $1 million in travel reimbursements over 18 months.

In the news

Three injured in college shooting in Texas library

One person was in critical condition and two others were taken to hospital with injuries after a shooting broke out between two people on the campus of Lone Star College near Houston on Tuesday, an official with an ambulance dispatch company said.

Smith said he had been told that the shooting took place in the school library, which is near the center of the campus. **REUTERS**

2 Authorities report there were two shooters. One person of interest has been detained.

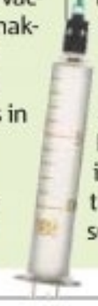
In the news

Swine flu shot linked to narcolepsy

Around 800 children in Sweden and elsewhere in Europe developed narcolepsy, an incurable sleep disorder, after being immunized with the Pandemrix H1N1 swine flu vaccine made by British drugmaker GlaxoSmithKline in 2009.

Finland, Norway, Ireland and France have seen spikes in narcolepsy cases, too, and people familiar with the results of a soon-to-be-published study in Britain have told Reuters that it will show a similar pattern in children there.

Their fate, coping with an illness that all but destroys normal life, is developing into what the health official who coordinated Sweden's vaccination campaign calls a "medical tragedy" that will demand rising attention. Europe's drugs regulator has ruled that Pandemrix should no longer be used by people under 20. The chief medical officer at GSK's vaccines division, Norman Begg, says his firm views the issue seriously — but he adds that there is enough data to suggest a causal link. **REUTERS**



News in brief

MS in talks to invest $3B in Dell

Dell's not-so-secret attempt to go private is getting even more interesting. Microsoft will reportedly kick in between $1 billion and $3 billion to help make the deal happen, according to CNBC's David Faber.

The software giant is in talks with Silver Lake, the leading investors behind Dell's buyout, and founder Michael Dell. Faber notes that Microsoft's stake would be a mezzanine investment. Mezzanine financing often takes the form of debt or preferred stock, and it would be a way for Microsoft to soften the blow of the deal for Silver Lake. "It doesn't necessarily mean that it would be convertible into a significant equity stake in Dell," Faber said. **REUTERS**

Is Your Child Overweight?

Confused About What To Eat and Drink?

Researchers at Boston Children's Hospital are studying the effect of different foods and beverages for weight loss in **12-17 year olds.**

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Obama wins praise abroad for climate change goal

President Barack Obama won praise abroad yesterday for his pledge to lead the fight against climate change, which has faltered as nations argue over who should foot the bill to lower carbon emissions.

Two decades of summits and resolutions have not stopped mankind pumping growing quantities of greenhouse gases into the atmosphere, despite a wealth of evidence that it is causing more frequent and devastating droughts, storms and floods.

Obama devoted a surprisingly long section of Monday's inauguration speech to climate change — more than a minute out of about 20. He said failure to respond to the threat "would betray our children and future generations."

"The path toward sustainable energy sources will be long and sometimes difficult. But America cannot resist this transition; we must lead it," he said.

"The U.S. President could not commit stronger to delivering now," Connie Hedegaard, the European Union's climate commissioner, wrote on Twitter.

A succession of recent natural disasters has put a sharper focus on climate change.

Superstorm Sandy struck the United States in October, a typhoon left more than 1,000 people dead or missing in the Philippines in December and this month a searing heat wave caused hundreds of wildfires in Australia.

The United States has declared a natural disaster in its central and southern Wheat Belt because of a severe and persistent drought conditions.

REUTERS

GETTY IMAGES

"We have got work to do on climate change, and President Obama was very forthright about the need to tackle climate change."

AUSTRALIAN PRIME MINISTER JULIA GILLARD

GETTY IMAGES

▶ Wind power

In the news

GETTY IMAGES

▶ Paris, France

Rotten eggs stench reaches UK after French gas leaks

PARIS. A cloud of harmless gas smelling of sweat and rotten eggs leaked out of a chemicals factory in northwest France and wafted across the English Channel as far as London yesterday.

The leak occurred on Monday morning at a Lubrizol France plant near Rouen, 120 kilometers (75 miles) northwest of Paris, and winds blew the invisible gas cloud south over northern France on Monday night and then up into England yesterday.

The fire brigade in the county of Kent, southeast of London, warned residents to keep their doors and windows closed due to a gas cloud it believed had come from France, and London police said it had reports of an acrid smell in southeast London. REUTERS

Cheese fire causes traffic meltdown in Norway tunnel

OSLO. A truckload of burning cheese has closed a road tunnel in Norway for the last six days.

Some 27 metric tons of flaming brown cheese known as brunost, a Norwegian delicacy, blocked off 1.9-mile tunnel near the northern coastal town of Narvik when it caught fire last Thursday. The fire was finally put out on Monday.

"This high concentration of fat and sugar is almost like petrol if it gets hot enough," said Viggo Berg, a policeman.

Brown cheese is made from whey, contains up to 30 percent fat and has a caramel taste.

Berg said that no one was injured in the fire, only one other vehicle was in the area at the time. REUTERS

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myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Olivia Wilde wants a fabulous engagement, Lady Gaga was totally singing to you, Jason Alexander just wants to be taller and Seth Rogen is setting high standards for his lookalikes.

@oliviawilde
I would like to request that the word fiancee be replaced with beyonce, for obvious reasons. Effective immediately.

@ladygaga
And if you thought I was looking at you during the show I was.

@IJasonAlexander
With every passing day, I fear that growth spurt my pediatrician swore I'd get may be more and more of a bad prognosis.

@Sethrogen
You don't automatically look like me if you're chubby and have stubble and glasses. You have to be Jewish too.

Rogen

Beyonce singing scandal erupts

ALL PHOTOS GETTY IMAGES

▶ "....," Beyonce.

If you are one of the millions who thought that **Beyonce** trumped **Kelly Clarkson**'s vocal prowess at Monday's inauguration, you should know a little secret: Beyonce might have lip-synced over a recording of "The Star Spangled Banner."

The Internet was abuzz yesterday with a much-circulated story that a spokesperson (who has probably since been fed to the wolves) from the Marine Corp Band, which backed Beyonce (Beyonsync? Hackonce?), said that the singer decided at the "last minute to go with the prerecorded version."

Lip-sync? Beyonce? Girlfriend ripped out her ear piece and then went on to nail it! If her removing her earpiece was indeed just a touch in order to fool us, her acting ability is much better than what we saw in "Austin Powers in Goldmember."

Crow speaks out about Armstrong

Lance Armstrong's ex-fiancee, **Sheryl Crow**, is speaking out about the cyclist's admission that he doped, saying it would have been tough for him to keep it a secret much longer. "I think that honesty is always the best bet and that the truth will set you free," she tells "Entertainment Tonight." "To carry around a weight like that would be devastating in the long run."

Hot. Shot

▶ Frankly my dear, I don't give a dress.

VICTOR BOYKO/GETTY IMAGES

Just one outtake from Paris Haute Couture Fashion Week

This is why I don't get fashion: Here is a model from the Ulyana Sergeenko Spring/Summer 2013 show that took place during Paris Fashion Week Haute-Couture yesterday. Is it me or does she look exactly like an extra from "Gone with the Wind"?

Talking points

Prince Harry on nude scandal

Prince Harry is finally speaking out about his nude photo scandal from his trip to Las Vegas last summer, acknowledging it wasn't his proudest moment. "I probably let myself down. I let my family down, I let other people down," Harry told reporters as he wrapped up his latest four-month stint in Afghanistan. But he doesn't think he was the only one acting inappropriately. "At the end of the day, I was in a private area and there should be a certain amount of privacy," he said. "The way I was treated by [the media], I don't think is acceptable."

Behind the Franco and Bieber tiff

James Franco was right about **Justin Bieber** not being too happy with his lip-syncing home movie of Bieber's "Boyfriend,"

▶ Franco, Benson

but it's not Franco's Bieber impression that has the Canadian pop star miffed. The video features Franco frolicking with his "Spring Breakers" co-star **Ashley Benson**, who was reportedly dating Bieber pal **Ryan Good** at the time it was shot. "Justin was really angry about the video because Ryan was supposed to be Ashley's boyfriend at the time, and she's seen crawling all over James," a source tells Radar Online. "To Ryan and Justin, this was proof of infidelity."

Is Swift trying to get back with Styles?

Taylor Swift hurried off to London this week on her private jet, prompting speculation that she's looking to smooth things over with recent ex-boyfriend **Harry Styles**, according to E! News. "Once she disembarked, she was met by a bodyguard and a driver who took her straight into central London," a source says. "She is staying at a London hotel. She seemed excited to be here. She was heard saying how pretty London looked [in the snow]." One Direction's Styles is also reportedly in the U.K. at the moment and has a few days off, sources say. But Swift's rep insists the visit is all business and has nothing to do with Styles. Swift is in town to shoot some magazine covers and perform at two awards shows, the rep says.

Celebrities who rocked printed pants

1: Beyonce went wild — with her pants — in NYC on Nov. 3.

2: Ke$ha donned them at the "Elvis Duran Z100 Morning Show" in November.

3: Milla Jovovich wore a pair at Moscow's "Resident Evil: Retribution" premiere in September.

4: Halle Berry rocked a purple pair at the "Cloud Atlas" premiere in September.

5: Nicki Minaj showed off her own at July's 2012 BET Awards.

6: Miranda Kerr's legs on the streets of New York City in June.

7: Florence Welch wore hers at the 69th Venice Film Festival in August.

1: JAMES DEVANEY
2: ROBIN MARCHANT/GETTY IMAGES ENTERTAINMENT
3: GENNADE AVRAMENKO /EPSILON/GETTY IMAGES
4: GETTY IMAGES
5: JASON LAVERIS/FILMMAGIC
6: ALO CEBALLOS/FILMMAGIC
7: STEFANIA D'ALESSANDRO/WIREIMAGE

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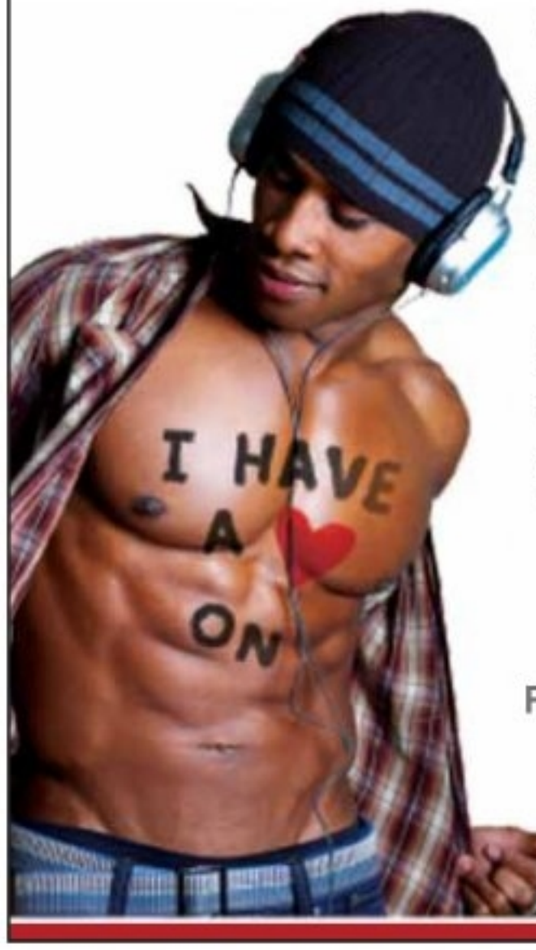

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Dance, little 'Sister'

Alan Menken is the reason why these nuns are dancing to a different beat The famed composer discusses his decision to go disco for this 'Act'

Composer Alan Menken is the man behind the beloved music in "Beauty and the Beast," "The Little Mermaid," "Aladdin" and "Pocahontas." Despite his success with those scores, he decided to try a new style for his latest project: disco.

"I always want every musical that I write to have its own unique voice," says Menken, who won a Tony for "Newsies" on Broadway last year.

So for "Sister Act" the musical, he decided to depart from the sound of the 1992 Whoopi Goldberg flick. The storyline, about a singer who disguises herself as a nun after witnessing a mob murder, is the same.

"Disco is so stylized and entertainment-oriented, and in its own way kind of glossy and glitzy," explains the composer. "And it's dramatically effective because it's such a strong contrast to the music of the convent and the world of the nuns."

Menken's job starts during the very early phases of a show's production.

"We are pivotally involved in the creation of the script," he says. "As a songwriter, I look at the very basic story and say: 'How will the score function in this musical? Is it ironic? Is it defining a period or a tone?'"

Menken's goal is that theatergoers instinctively understand the purpose of a show's music, as well as the emotions and ideas each song conveys.

"We want to make sure that every song moment we've chosen is pushing the story forward," he says.

Nora Dunne
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If you go

'Sister Act'
Through Feb. 3
Boston Opera House
539 Washington St., Boston
$43-$143, 800-982-2787
www.broadwayinboston.com

'Hunchback' on the horizon

Menken wrapped up his work on "Sister Act," but he's staying busy: The morning before his Metro interview, he worked on a song for the upcoming musical "The Hunchback of Notre Dame" with lyricist Stephen Schwartz (of "Godspell" and "Wicked" fame). Menken is also doing the stage version of "Aladdin" on next Broadway season.

Menken poses alongside his sisters.

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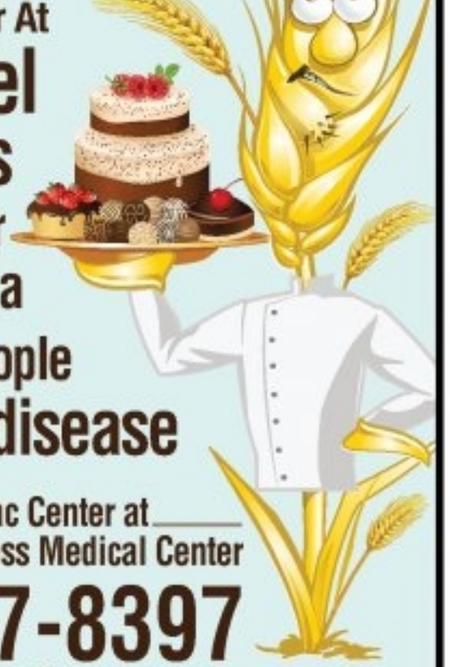
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The most overlooked games of yesteryear

A whole lot of games come out each year. Thousands, actually. It's easy for some gems to slip through the cracks en route to oblivion. Rage against the dying of the light, underappreciated games! Here are reviews of a few great games that, for whatever reason, we didn't write about.

'Puzzle Craft'
Console: iOS
Maker: Chillingo
Grade: ❶❶❶❶Ⓑ
What happens when you mix a match-three puzzle game with a village sim? You get one of the more addictive games on the iOS platform. The premise is simple: As you match items, you get more raw material to build your town with. "Puzzle Craft" will steal your sleep, however, and turn you into one of those people who stares at his or her phone all throughout dinner.

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

'Kingdoms of Amalur: Reckoning'
Console: Xbox 360
Maker: EA
Grade: ❶❶❶❶Ⓑ
While everyone was still frolicking about in Skyrim, this game snuck into stores with minimal fanfare. It's a shame too, as "Kingdoms of Amalur: Reckoning" takes the fantasy-themed open world of that title but mixes in fun, arcade-style combat. Speaking of, the fighting here feels great. You'd be hard-pressed to find an action RPG that plays better.

▶ "Knytt Underground" offers 1,800 rooms to explore.

'Knytt Underground'
Console: PS3/Vita/PC
Maker: Ripstone
Grade: ❶❶❶❶Ⓑ
This beautiful and lonely sidescroller has you slowly exploring an interconnected world as either a little boy or an anthropomorphic bouncing ball. It draws heavily from classics like Metroid and Castlevania, as well as recent indie gems like VVVVV and Super Meat Boy. Prepare to do a lot of backtracking in order to fully explore the game's 1,800 rooms.

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Style news

Jason Wu had no clue about his inauguration score

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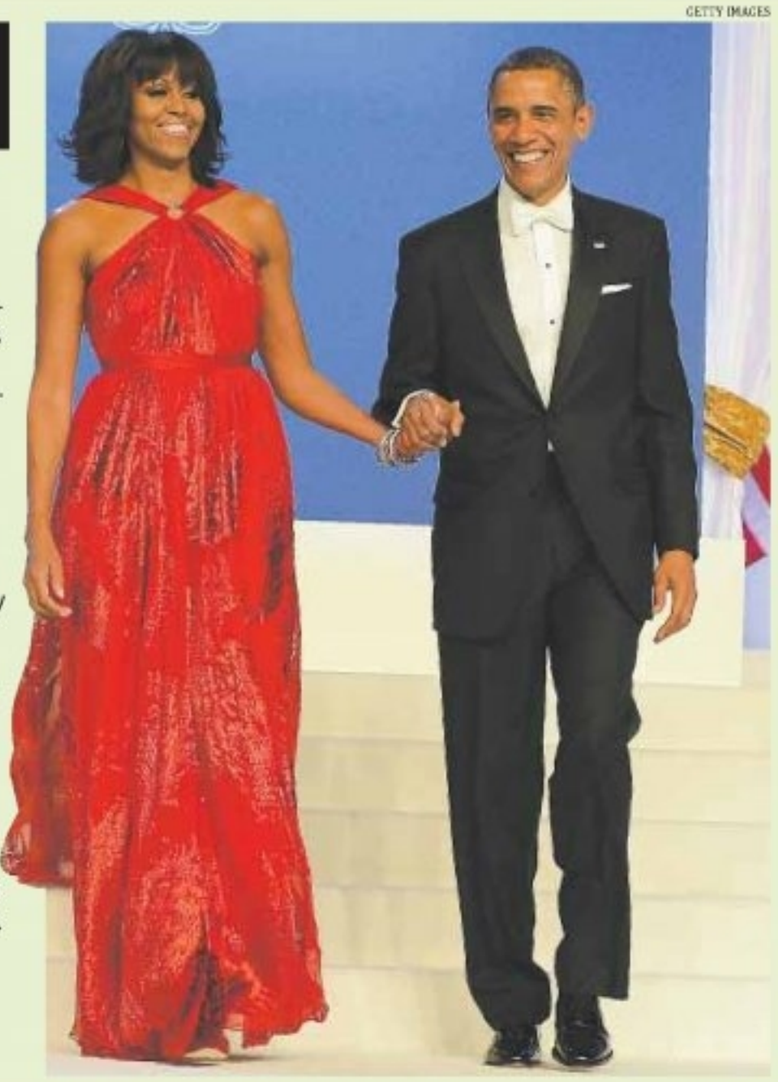

The reelection of President Obama means four more years of us oohing and ahhing over Michelle Obama's well-thought-out wardrobe choices. For the inaugural ball, the first lady went with the same designer she chose in 2009: Jason Wu.

And just like last time, Wu had no clue he had landed the high-profile gig. He immediately tweeted, "#Inshock!!!"

As he explained in an interview with Women's Wear Daily, "Mrs. Obama likes to keep her secrets. She surprised me again," he said. "I was so nervous. You'd think I wouldn't be since I'd experienced it before, but I really was."

For the big night Wu created a red, floor-length showstopper. "After four years in office, I thought the country was ready to see a confident first lady in red. It just felt right."

TINA CHADHA

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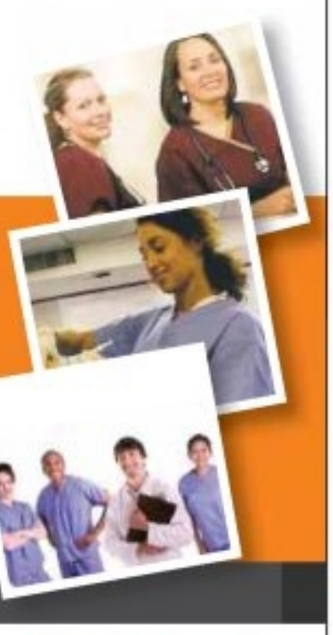

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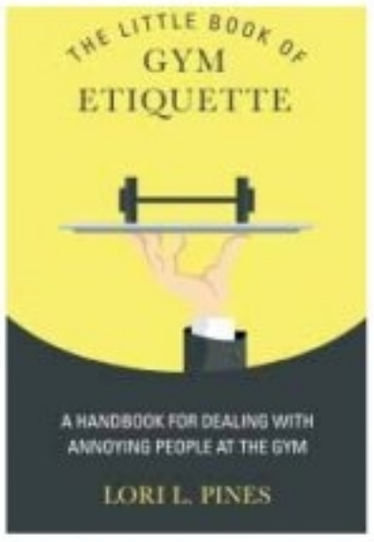
Common courtesies to remember at the gym

New York City-based lawyer and avid gym-goer Lori Pines was so fed up with bad gym behavior interrupting her workouts that she wrote "The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym." So, what's her biggest peeve?

"People leaving their things all over the place — towels, used water bottles, reading matter. They might be done with it, and they just leave it. They leave a water bottle on a machine and expect you to deal with it."

"People go to the gym to focus on themselves," Pines continues. "That's what it's all about — but you have to be aware of your impact on others around you, too. People don't try to be annoying, but they often aren't aware how they're affecting others."



If you're exasperated with a fellow exerciser, Pines says to try to let it roll off your back. "The best thing to do is to stay calm. Go to another part of the gym. Try and laugh it off."

How's your gym etiquette?

Here is Pines' checklist for what to remember:

- **Don't be a slob.** "This applies to leaving things around, but also to cleanliness. In the locker room, there's nothing wrong with being naked — but put a towel down on the bench before sitting."
- **Don't be a hog.** "There's always one piece of equipment that everyone wants to use. Talk to the manager and ask them to enforce a time limit. Make sure that it's posted on the equipment."
- **Don't be a space invader.** "One example is the StairMill. People kick their legs out, wave their arms, go backward. It's really annoying to people on the next machine."
- **Don't be an exhibitionist.** "Exhibitionists wear inappropriate clothing with body bits hanging out. They make excessive noises."
- **Don't be a super-talker.** "Chatterboxes are so distracting. Cell phone talkers, trainers who talk loudly. Be friendly, but extensive conversation is not the objective at the gym."
- **Don't be a grouch.** "Grouches are just unpleasant. You want to be in a place where there is positive energy. Simple, good manners are uplifting and healthy."

Linda Clarke
letters@metro.us

Today in medicine

Smartphone apps for skin cancer

Location of study: U.S.
Study subjects: Various data
Results: A study published in the Journal of the American Medical Association-Dermatology found that the accuracy among four phone apps designed for detecting melanoma varied dramatically. At the top of the list, one app diagnosed cancerous moles correctly 98.1 percent of the time. At the bottom, one app detected melanoma only 6.8 percent of the time. The study did not release the names of the apps, but the winning app sent photos of questionable moles to doctors for $5 each.
Significance: Despite the promising findings from one app, on average three wrongly classified more than 30 percent of the melanomas. The concern is that patients using apps may misdiagnose and/or delay treatment. METRO/LC

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Letters

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The right to bear arms is to protect US, not yourself?

RE: "THE SECOND AMENDMENT NOT A PEACEFUL ONE" (METRO, JAN. 21) Thank you for printing Drew Bates' letter regarding the Second Amendment. I've been wondering why no one bothered reading the Second Amendment.

It always seemed to me "the right to bear arms" referred to defending the country, not defending one's life and personal property. I hope everybody reads this letter.

MARGARET KING, VIA E-MAIL

It is exhausting to listen to people that think the Second Amendment was put forth so people can rise against the government. So, George Washington invited people to shoot him? Ridiculous. The Second Amendment allowed for a WELL-REGULATED state-run militia to protect against foreign and domestic enemies that Washington could call into federal service when national security was threatened.

Today, that militia is known as the National Guard (state-run, well regulated and can be called to federal service). Don't take my word for it — just read the Constitution and the Militia Act of 1792 (and many amendments thereof).

MARY RACZKO, VIA E-MAIL

Having just read Drew Bates' letter, I was elated. Finally a citizen who took the time to read the Constitution. Wake up people, we are slowly losing our rights due to fear. Maybe we should all go back to reading George Orwell's "Animal Farm," because it shows what happens when we forget our rights and don't speak up.

JOHN LEONE, VIA E-MAIL

Dear America: E pluribus unum

A historic day in American history has occurred again with the inauguration of President Barack Obama. This now has happened on Martin Luther King Jr. Day, who fought hard for civil rights and gave his life for that cause. Remember also Abraham Lincoln's Emancipation Proclamation that set the stage for an African-American to become president. But now President Obama must attempt to unite Democrats and Republicans in a common cause for the good of the American people. For remember a house divided against itself, that house cannot stand. So let it not be said years from now that America was once a great nation but lost its way.

FREDERICK R. BEDELL JR., VIA E-MAIL

Quoted

"The documents are very, very clear and do not support citizens rising up independently against the government."

RACKZKO

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Horoscope

♒ Aquarius **Jan. 20-Feb. 19.** You won't have to be told that duties that require your immediate attention should be given top priority. Sweeping them under the rug wouldn't give you any peace.

♓ Pisces **Feb. 20-March 20.** A convivial atmosphere will help immensely if there is some kind of business matter that needs to be discussed with others. Find a pleasant, social setting in which to talk things out.

♈ Aries **March 21-April 19.** Because you're usually such an upbeat person, merely going along with things could make you look as if you're down in the dumps. You won't be — you'll just be in a quiet mood.

♉ Taurus **April 20-May 20.** Listen attentively to someone who always has something new to share. If you retain what you hear, chances are you'll later find some effective ways to put it to use.

♊ Gemini **May 21-June 20.** It'll pay to focus on endeavors that could enhance your material security. There are likely to be several constructive steps you can take if you're willing to take action.

♋ Cancer **June 21-July 22.** It's OK to spend some time on the advancement of one of your primary interests, even if you have to break plans with another.

♌ Leo **July 23-Aug. 22.** The best way to achieve a critical objective is to keep a low profile. You need to pursue your intentions as unobtrusively as possible.

♍ Virgo **Aug. 23-Sept. 22.** Because friends will sense your concern for them is genuine, they'll appreciate your efforts on their behalf. Sincerity is the key to a harmonious relationship.

♎ Libra **Sept. 23-Oct. 23.** An objective that you couldn't achieve in the past looks like it can be attained, mostly because this time you're likely to be more flexible and tenacious.

♏ Scorpio **Oct. 24-Nov. 22.** You're likely to find out that some knowledge you recently acquired can benefit a close friend as much as it does you. Be sure to share it honestly.

♐ Sagittarius **Nov. 23-Dec. 21.** Your instincts regarding a commercial matter are likely to be a shade sharper than usual. Follow your impulses, but be sure to use plenty of logic as well.

♑ Capricorn **Dec. 22-Jan. 19.** Try to avoid an acquaintance who always takes it upon him or herself to make decisions for everybody. You're not likely to have too much patience for this kind of behavior.

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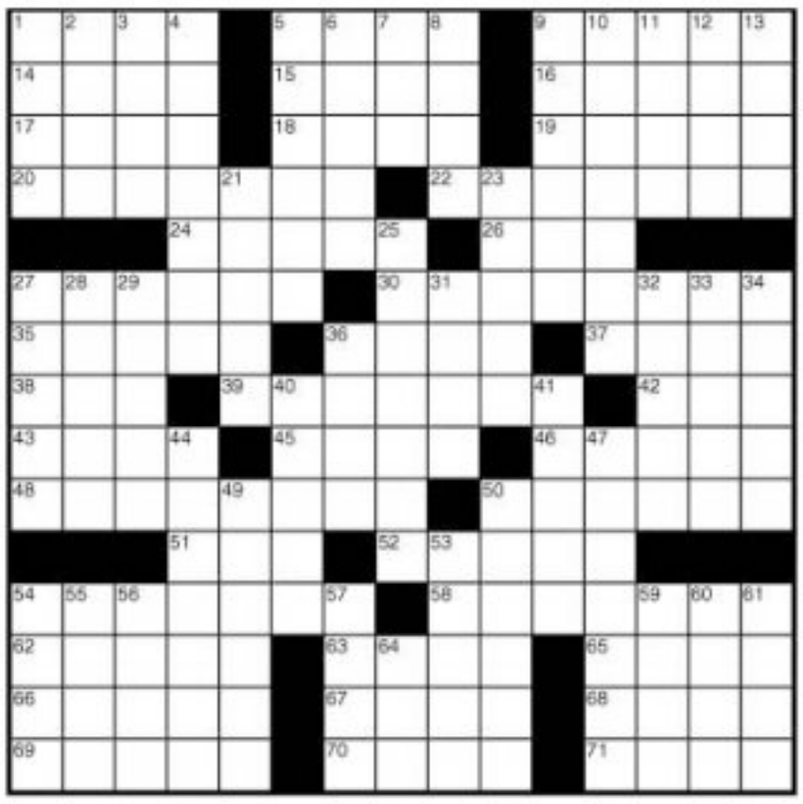
52 "No mas" boxer Roberto
54 Downy fruit
58 Limestone mineral
62 Spaghetti drainer
63 Type of squad
65 Hair curler
66 Quaking tree
67 Oxy-5 target
68 DEA operative
69 Not in vogue
70 Repair
71 Earth sci.

Down
1 Ferret feet
2 Pre-college
3 Roulette color
4 Cluck over
5 Arctic people
6 Ben on "Bonanza"
7 Dangerous curve
8 Hoops nickname
9 Furor
10 Surveyor's instrument
11 Smidgens
12 Actress — Falco
13 Carrot or beet
21 Reckon
23 "Violet" lead-in
25 Towed along
27 Impede
28 Omit, in speech
29 Chamonix's Mont —
31 Gael republic
32 Pianist — Blake
33 Swerves
34 Ms. Lauder
36 Ale serving
40 Frontier saloon plus
41 Taj —
44 Shows up
47 Barbed wire, for one
49 Dawn horse epoch
50 Ready to ship
53 Huskies' home univ.
54 Cousin of PDQ
55 Leaning Tower town
56 Salespeople
57 Trolley
59 Latin hymn word
60 Pamplona runner
61 SASE, e.g.
64 Bartender's rocks



5			2	4			8	
8		9	6	1	3			
			5			9		
						7	3	6
2								4
6	4	1						
		6			2			
			3	6	1	2		5
	1			5	7			3

SUDOKU **LEVEL: EASY**

	8		9		2			6
	2			8		4		
		3			7			
6					3		5	4
5			6		4			8
9	4		2					7
			3			5		
		6		1			4	
3			4		9		8	

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

S	I	D	E	■	P	A	L	I	■	M	U	F	T	I
C	O	E	N	■	I	V	A	N	■	O	R	L	O	N
U	N	C	O	N	C	E	R	N	■	O	B	O	E	S
B	I	O	■	O	K	R	A	■	W	R	A	P	S	■
A	C	R	O	B	A	T	■	M	O	A	N	■	■	■
■	■	■	M	E	X	■	M	E	R	G	E	R	S	■
C	E	C	I	L	■	J	E	S	S	E	■	Y	E	A
A	L	I	T	■	C	E	A	S	E	■	Z	E	T	A
Y	I	N	■	D	A	L	L	Y	■	B	O	S	S	A
■	■	E	Q	U	A	B	L	Y	■	H	O	N	■	■
■	■	■	N	U	B	S	■	J	E	W	E	L	E	R
■	S	P	I	N	Y	■	V	I	L	E	■	A	M	I
B	E	A	S	T	■	D	I	V	E	R	S	I	O	N
C	A	N	O	E	■	O	V	E	N	■	C	R	T	S
E	M	E	N	D	■	W	A	D	E	■	I	D	E	E

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Free Mini-Med School Classes at Harvard Medical School Begin March 5

Health information emanates from every corner of your life—news programs, radio and television shows, websites and T-stop ads. To navigate through the often confusing messages, the Longwood Seminars at Harvard Medical School offer the general public valuable information on complex health and scientific issues—at no cost and without a referral.

No scientific background is needed to enroll in these mini-med school seminars. Just register at hms.harvard.edu/minimedschool or call 617-432-3038. Those who attend three or more classes are eligible for a certificate of completion. Teachers who attend all four classes can earn 10 professional development points (PDPs).

At each mini-med school seminar, Harvard Medical School faculty present an overview of the seminar topic, and then explain both the scientific and clinical implications of the issue, as well as the latest groundbreaking research. During the Q&A, you will have an opportunity to question the experts.

Space is limited so register as soon as possible.

The 2013 series features:

March 5 **Food and Vitamins and Supplements! Oh My! Demystifying nutrition: the value of food, vitamins and supplements**

Every day a new diet trend seems to be in the news—along with an abundance of advice on supplements and vitamins, including which to take and which to avoid. This seminar aims to cut through the noise surrounding nutrition, vitamins and dietary supplements by providing the latest scientific evidence as well as advice for healthy eating and living a nutritious lifestyle.

March 19 **The Power of Zzzzs: Uncovering why sleep is essential to our well-being and how to get more of it**

Everyone will agree that nothing feels as good as a good night's sleep. While we are in agreement that sleep is essential to our overall well-being, few of us actually get a sufficient amount of it. This seminar will illuminate the importance of sleep—how much is needed and why it is so vital to keep our bodies functioning. HMS researchers will explain the science behind sleep and insight on how to get more out of our nightly slumber.

April 2 **It's All In Your Head: Building better brains through neuroengineering**

As the epicenter of the nervous system, the brain is a complex and fascinating organ. Our brains are the engines that drive our bodies to process information and communicate with the world. Scientists today are making groundbreaking strides in understanding the intricate circuitry in the brain that sends signals to various parts of the body, and how this knowledge can be used to repair or regenerate damaged cells. A panel of Harvard Medical School faculty members whose research explores neural circuitry will discuss this fast-evolving field.

April 23 **Beyond Belief: Exploring the connection between personal beliefs and physical health**

Our individual belief system plays a role in many aspects of our life, but have you considered how a belief system can impact your overall health? A relatively unexplored area of study, the individual belief system is increasingly becoming the focus of researchers who are looking to uncover the science behind personal beliefs and physical health. At this seminar, Harvard Medical School faculty members will share their expertise on the mind/body connection and the meaningful links between spirituality and health.

All mini-med school classes are held from 6 pm to 7:30 pm at the Joseph B. Martin Conference Center, Harvard Medical School, 77 Avenue Louis Pasteur, Boston. The Conference Center is a short walk from the Longwood T stops on the Green Line D and E trains and the #39 bus. Parking is available at public garages in the Longwood Medical Area.

Questions? Contact the Harvard Medical School Office of Communications and External Relations at 617-432-3038 or send an e-mail to longwood_seminars@hms.harvard.edu. You can also log on to our Facebook page to get more information: https://www.facebook.com/HarvardMed.

What's up, doc?

FREE mini-med school classes for the general public

March 5, 6:00–7:30 pm
Food and Vitamins and Supplements! Oh My!
Demystifying nutrition: the value of food, vitamins and supplements

March 19, 6:00–7:30 pm
The Power of Zzzzs
Uncovering why sleep is essential to our well-being and how to get more of it

April 2, 6:00–7:30 pm
It's All in Your Head
Building better brains through neuroengineering

April 23, 6:00–7:30 pm
Beyond Belief
Exploring the connection between personal beliefs and physical health

Follow the events live on Twitter: #HMSminimed

Presented by faculty from Harvard Medical School and its affiliated hospitals.

Attend three or more classes to earn a Certificate of Completion.

Public school teachers are eligible for 10 PDPs for attending all four classes.

The Joseph B. Martin Conference Center is located in the Longwood Medical Area at **77 Avenue Louis Pasteur, Boston.**

Harvard Medical School is a short walk from the Longwood stops on the **Green Line D and E trains** and the **#39 bus.** Parking is available at public garages.

Sign up: **hms.harvard.edu/minimedschool 617.432.3038**

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LASIK & Beyond

Taking Human Sight To The Next Level

At New England Eye Center, we truly are taking sight to the next level. Thanks to recent advances in laser and lens implant technology, our highly-trained specialists are helping patients of all ages enjoy the type of clearer, more natural vision they desire. Vision for the way we live here in New England!

New YEAR, New VISION, New YOU!

Still looking at life through rose-colored glasses or contact lenses? Make 2013 the year you resolve to join the millions of men and women enjoying NEW VISION thanks to advancements in eye care from LASIK laser vision correction, to Visian ICL™ (Implantable Contact Lens) and Laser Cataract Surgery.

Take advantage of our **LASIK & Beyond New Year's Resolution Celebration** now underway at New England Eye Center. Life will never look the same!

617-636-7800 New England Eye Center Tufts Medical Center

From our all-laser, bladeless LASIK procedure – to exciting developments like our Visian Implantable lens - our commitment to leading edge technology is surpassed only by our dedication to personalized patient care. Patients of New England Eye Center find confidence in knowing we offer experience you can trust and technology you can rely on.

NASA-Approved LASIK - Our all-laser, bladeless LASIK at New England Eye Center has greatly improved results and helped take the fear out of having LASIK. The vast majority of our LASIK and PRK patients now achieve 20/20 vision at distance without glasses or contact lenses. Our method of LASIK is the same type approved for NASA astronauts and military pilots.

Implantable Contact Lens - New England Eye Center is among a select group of practices in the country offering patients the benefits of the Visian Implantable Collamer Lens (ICL). Unlike LASIK, the Visian corrects vision by inserting a delicate intraocular lens-like device atop the eye's natural lens, which is why the Visian is also referred to as the 'Implantable Contact Lens.' All of the refractive surgeons at New England Eye Center are qualified and experienced in performing this brief outpatient procedure to insert the Visian ICL. Because no corneal or other tissue is removed in the Visian ICL procedure, visual recovery is extremely rapid and the ICL can potentially be replaced if the eye's focus changes over time.

Refractive Lens Exchange - If you're frustrated with reading glasses and bifocals, our refractive specialists perform a procedure known as Refractive Lens Exchange. By replacing your eye's aging natural lens with a Intraocular Lens Implant customized specifically for your visual needs - and your lifestyle - allowing you to see better, look younger and never have to worry about developing cataracts!

Laser Cataract Surgery - For seniors experiencing changes in their vision – or who have been diagnosed with a cataract – New England Eye Center is turning the dream of Laser Cataract Surgery into reality. We are currently among only the top 3% of practices in the country to offer patients the added precision and accuracy of Laser Cataract Surgery using OptiMedica® Catalys™ Precision Laser System.

This year, take your vision to the NEXT LEVEL by giving yourself or a loved one the Gift of Sight. Now that's a Gift that keeps on Giving. A blessed New Year from the surgeons and staff of New England Eye Center.

Dana-Farber's

Mammography Van

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Dana-Farber's Mammography Van brings state-of-the-art breast cancer screening to the women of Greater Boston.

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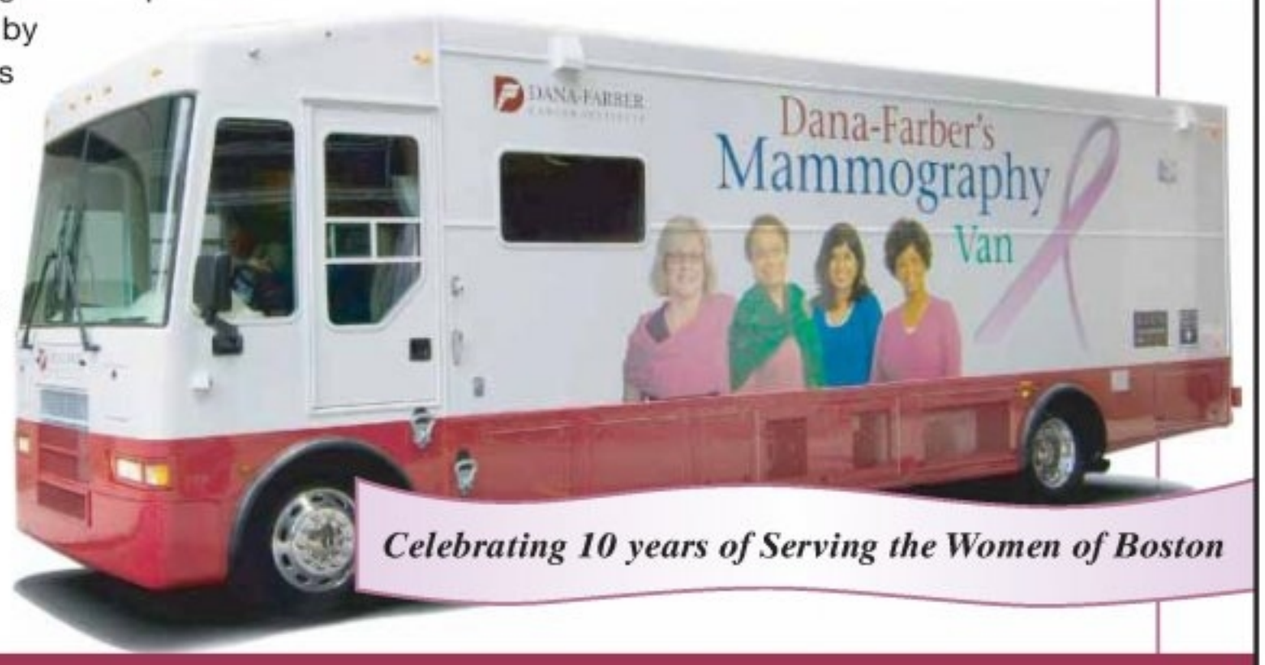
Visit us on the Web at ***www.dana-farber.org/mammographyvan***.

Dana-Farber's Mammography Van is managed by Dana-Farber Cancer Institute's Mobile Health program and possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health

Se Habla Español

Nou palé Kreyòl

February 2013	Site
Tuesday 5	The Dimock Center
Thursday 7	Geiger Gibson Health Center
Tuesday 12	Bowdoin Street Health Center
Wednesday 13	Joseph Smith Community Health Center –Allston
Tuesday 19	Whittier Street Health Center
Wednesday 20	Martha Eliot Health Center
Tuesday 26	Bowdoin Street Health Center
Wednesday 27	Joseph Smith Community Health Center- Waltham
Thursday 28	South End Community Health Center
March 2013	**Site**
Wednesday 6	Harvard Street Neighborhood Health Center
Thursday 7	Brookside Community Health Center
Tuesday 12	Bowdoin Street Health Center
Wednesday 13	Joseph Smith Community Health Center –Allston
Thursday 14	Longwood Medical Area - Boston Children's Hospital
Tuesday 19	Whittier Street Health Center
Wednesday 20	Martha Eliot Health Center
Thursday 21	The Dimock Center
Tuesday 26	Bowdoin Street Health Center
Thursday 28	Joseph Smith Community Health Center- Waltham



Need help eating healthier this New Year? There's an app for that

It is just a few weeks into 2013 and, for many, New Year's resolutions may already be falling by the wayside. Excess weight, lack of physical activity, and poor diet are some of the top preventable causes of disease and death in the United States; so no wonder getting healthy is the number one resolution made by most people. If eating better is your goal, Dana-Farber Cancer Institute can help you stay on track with a free, easy to use iPhone® app that provides recipes and nutrition information. Although the app is designed for cancer patients, it is also helpful to anyone who wants to have a healthy diet.

"We developed Ask the Nutritionist: Recipes for Fighting Cancer to encourage and empower cancer patients, and others, to explore and enjoy healthy eating habits," says Steven R. Singer, senior vice president for Communications at Dana-Farber. "Studies have long shown that good nutrition is tied to good health, and, for those with cancer, treatment side effects can make eating well a real challenge."

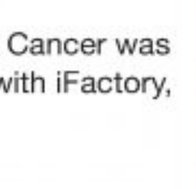
Ask the Nutritionist: Recipes for Fighting Cancer contains more than a hundred easy-to-prepare recipes ranging from nutritious snacks to main dishes and delicious desserts. Users can access a list of ingredients, directions on how to prepare the dish, a shopping list to use at the grocery store, nutrition tips, and nutritional analysis information in a standard USDA label format. New recipes are added each month.

"Nutrition information is one of the most popular sections of the Dana-Farber website, and we wanted to share the expertise of our terrific nutritionists with a wider, mobile audience," Singer says. The app curates many of the frequent questions to Dana-Farber's nutrition staff, and allows users to ask a question.

The app, developed with Dana-Farber's staff of registered and board-certified dietitians, is designed to help find the optimal diet for any type of cancer. It also offers users the ability to search by common symptoms (such as nausea or mouth sores), helping to customize dietary needs while going through treatment. There also are recipes and healthy eating tips for cancer survivors.

"Eating a well-balanced diet is one of the best ways to lower the risk of cancer," says Stacy Kennedy, MPH, RD, CSO, LDN, a nutritionist at Dana-Farber. "Our hope is that this app will not only be a useful tool for cancer patients and their families, but will also make choosing the healthiest foods easier and more fun for everyone."

Some unique features of *Ask the Nutritionist* include:



- On-the-go access to more than a hundred healthy recipes
- Nutrition tips and information on cancer-fighting nutrients
- Innovative option to search by symptom management
- Specialized diet section for those who require foods that are gluten-free, are high-fiber, or provide immune support, etc.
- The ability to create a shopping list to take to the grocery store and never forget a key ingredient
- An "ask the nutritionist" function. Dana-Farber's nutrition department will respond to questions from the app's users.
- An extensive, searchable database of frequently asked questions (FAQs) and archived questions and responses about nutrition

The app is available for all iPhone® users with IOS 5 or higher. It is free and can be downloaded by going to the Apple iTunes® store (http://www.apple.com/itunes/) or visiting this link: http://tinyurl.com/deliciousapp.

Ask the Nutritionist: Recipes for Fighting Cancer was designed and developed in partnership with iFactory, a Boston-based interactive agency.

For more information, visit www.dana-farber.org/nutritionapp.

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▶ Milan Lucic is taken off his feet by New York's Stu Bickel last Saturday.

B's look to take down Blueshirts once again

Boston can go 3-0 on season, 2-0 against rivals from NY with win tonight ◐ Rask has been impressive early

The Rangers were the No. 1 seed in the Eastern Conference last season and two wins away from the 2012 Stanley Cup Finals. Beginning with losing that series 4-2 to their bitter rivals, the Devils, not much has gone right for New York. They are 0-2-0 after one-sided losses to the Bruins (3-1 on Saturday) and Penguins (6-3 on Sunday). Suddenly, a team that added Rick Nash, one of the NHL's most talented goal scorers, over the summer has quite a few question marks.

In their only visit to Madison Square Garden during the regular season, the Bruins (2-0-0) have a chance to send the Rangers into a serious tailspin with another victory against them tonight (7:30 p.m., NBC Sports Network). One can never question Concord, Mass., native John Tortorella's head coaching ability in New York. Still, if the Rangers continue to struggle out of the gate, Tortorella's style of riding his players might wear thin in a hurry.

8

Total teams that got off to a 2-0 start. Ottawa, Pittsburgh, Anaheim, Buffalo, Boston, Chicago, Minnesota and St. Louis were perfect through yesterday.

After Monday afternoon's sloppy 2-1 shootout win over the Jets, Bruins goaltender Tuukka Rask talked about the emotional letdown after Saturday's electric opener against New York.

"Sometimes, for these afternoon games, it's tough to get up and tough to wake up for these games," Rask said. "I think for our team throughout the years, it's been one of the toughest tasks to overcome."

Playing on national TV against one of their fiercest foes tonight, it's unlikely that Boston will lack energy. They know the Rangers have the pieces to be a great team so they will likely raise their games accordingly.

It's only been two games, just 120 minutes of ice time, but New York has yet to have a lead this season. The Rangers trailed Boston, 2-0, before scoring their lone goal. They were tied with Pittsburgh, 1-1, in the first period but the Penguins added two more in that frame and two more goals late before New York finally responded. Finding the net first will be very important for both teams. Rangers goaltender Henrik Lundqvist got pulled after allowing the fourth goal to Pittsburgh and his confidence has to be shaky. If the B's can grab the first tally of the night, who knows how Lundqvist will respond?

Conversely, Rask has gotten off to a great start. He has only allowed two goals, one in each Bruins win and had two stops in Monday's shootout against Winnipeg. He is finding the puck well and containing almost all rebounds. Hot goaltenders are capable of almost anything when they go on runs and Rask could certainly shine again for Boston tonight.

Rich Slate
sports@metro.us

NOT SEEING THE RESULTS YOU WANT FROM YOUR ANTIDEPRESSANT?

Please consider our depression research study.

Our office is conducting a research study to evaluate whether adding an investigational medication to an approved antidepressant therapy might give relief from the symptoms of major depressive disorder (MDD) when added to a current antidepressant.

You may be able to take part in this study if you:
- Are 18 - 65 years old,
- Have been diagnosed with Major Depressive Disorder (MDD),
- Have been experiencing symptoms of depression for at least the past 2 months,
- Have been taking at least one antidepressant medication as prescribed but it is not helping you enough.

Additional criteria will be assessed by the study doctor.

The study lasts 15 to 22 weeks. Participants will receive either the investigational medication or a placebo (an inactive substance).

All study-related medications, office visits and examinations will be provided to you at no cost.

To learn more about the Depression Research Study call:
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Easy Access via MBTA Redline Ⓣ
www.MDDResearchStudy.com

COMPASS

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To place an ad call Neil Curran at 617-532-0100 or email neil.curran@metro.us

Parents, have you ever wanted to enroll your daughter in a nutrition or fitness program, but couldn't fit it into your schedules?

Researchers at UMass Boston are looking for girls to participate in iTeen, an 8-week online program that promotes healthy eating and physical activity.

To qualify, you must:
- Be a girl between 10-14 years old
- Have internet access
- Live in Massachusetts or within 75 miles of Boston

For more information, call (617) 287-7498 or iteen@umb.edu
Qualified participants will be compensated.

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BOSTON UNIVERSITY

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You may be eligible to participate in a research study of an investigational medication

- Between 18 and 75 years of age
- At least 10% of skin affected
- About 49 study visits or 5 years of participation
- You may receive compensation

For more information, please e-mail harvardskinstudies@partners.org or call (617)726-5066

Is Postherpetic Neuralgia pain targeting you?

If you have chronic postherpetic neuralgia pain, find out how you could participate in a medical research study.

Local doctors are currently conducting a medical research study of an investigational pain medication for individuals with moderate to severe chronic pain due to postherpetic neuralgia (PHN).

To be eligible for this study, you must:
- **Be 21 years of age or older**
- **Be medically diagnosed with PHN**
- **Have moderate to severe chronic pain due to PHN**

All study-related visits, tests, and treatments will be provided to participants at no cost. In addition, compensation for time and/or travel may be provided.

To learn more about this study, please contact:

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IS CHRONIC LOW BACK PAIN AFFECTING YOUR DAILY LIFE?

If you have moderate-to-severe chronic low back pain, you may qualify to be in a clinical research study of a pain relief study drug.

Local doctors are currently conducting a clinical research study of a study drug for people with moderate-to-severe chronic low back pain.

To pre-qualify for this study, you must be:
- Between 18 and 75 years of age
- Diagnosed with moderate-to-severe chronic back pain by your doctor
- Experiencing low back pain for a minimum of 6 months

All study-related visits, tests, care, and study drugs will be provided to you at no cost. In addition, reimbursement for study-related time and travel may be provided.

To learn more about this study, please contact:

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781-444-9605 x 136

IS OSTEOARTHRITIS KNEE PAIN TARGETING YOU?

If you have chronic pain due to osteoarthritis of the knee, find out how you could participate in a medical research study.

Local doctors are currently conducting a medical research study of an investigational pain medication for individuals with moderate to severe chronic pain due to osteoarthritis (OA) of the knee.

To be eligible for this study, you must be:
- 40 years of age or older
- Medically diagnosed with OA of the knee
- Experiencing moderate to severe chronic pain in the knee due to OA

All study-related visits, tests, and treatments will be provided to participants at no cost. In addition, compensation for time and/or travel may be provided.

To learn more about this study, please contact:

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DO YOU HAVE PAINFUL BUNIONS?

If so you may be eligible for a research study at the Newton-Wellesley hospital

The study will compare minimally invasive surgery with standard surgery

NEWTON-WELLESLEY HOSPITAL

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Notices

Public Notices

Gerard "Brickie" McNamara

It is with deep sadness we announce the passing of Gerard McNamara, Known to many as Brickie, on January 13th, in Boston.

Born in Limerick City, Ireland in 1953, McNamara immigrated to America in 1984. He lived and worked in Boston area where he was known for his talents as stonemason, bricklayer and versatile, openhearted musician.

He was proficient on many instruments. He most often performed on accordion and tin whistle. For a time during the show band era of the 1960's and 1970's he toured Ireland as a performer. More recently, he was a fixture on Boston's traditional music scene. Starting in 1991, he began traveling with various musicians throughout the southern United States.

In Boston, Gerry was also known as a busker. He could often be seen playing in Boston Common. His many musician friends feel his loss deeply.

McNamara is survived by his parents, Dermot and Christina; a brother; Ray; three sisters, Marian, Anna and Deidre; brother-in-law, Denis and Bobby; A sister-in-law, Mary; an uncle, Willie Allen; two aunts, Teresa Judge and Mary McNamara; as well as nephews, nieces, grandnephews, a grandniece. cousins and a wide circle of friends in Boston and Limerick, Ireland. A funeral mass will be held at noon Saturday, January 26, at St. Mary of the Annunciation 134 Norfolk Street, Cambridge. A musical tribute is being planned at The Middle East nightclub in Cambridge. Time and date is to be determined.

For more information
go to the **Facebook page -Gerry Brickie McNamara**

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Monica Weymouth
monica.weymouth@metro.us

Pier 1's felt roses pillow adds the perfect pop of color and texture to any winter-weary couch. $40, www.pier1.com

Want someone to make you a special Valentine's dinner? Calphalon's new Enamel Cast Iron Cookware may improve your chances. $130, at Macy's and Bed Bath & Beyond stores

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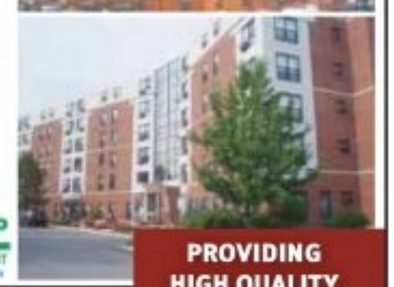

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Let's cheer for Pier 4

The cost

100 Pier 4 is projected to be one of the largest apartment developments in the South Boston Waterfront area and will cost an estimated $195 million. It's part of the overall development of Pier 4, which is overseen by New England Development and will ultimately include around one million square feet of hotel, residential, office, retail and civic space on the approximately 9.5-acre site, which includes about four acres of water.

Linda Laban
linda.laban@metro.us

In two years, a retail/residential mixed building will signal that the Waterfront has truly arrived But fans of Anthony's need not worry

These renderings show what 100 Pier 4 could look like in two years.

The groundbreaking ceremony late last year for 100 Pier 4 on the South Boston Waterfront marked the beginning of a two-year retail and residential project. By 2015, the 21-story tower is expected to add 369 studio, one-, two- and three-bedroom apartments ranging in size from 450 square feet to 1,400 square feet. Located at the intersection of Seaport Boulevard and Northern Avenue, the building will also have 258 underground parking spaces.

"This area is in its early stages, but it already has much for residents to enjoy," says David Hall an executive at the Hanover Company, the building's developers. "The only thing wanting are more stores, particularly a drug store and supermarket. But they'll be coming," he adds.

Totaling more than 400,000 square feet, 100 Pier 4 will also include 10,800 square feet of retail and restaurant space on the first floor and around 20,000 square feet of civic space outdoors and on the second floor.

"That's a requirement of the City of Boston and the State of Massachusetts," says Hall. "Regulations require that we create so much public access space."

It might not top architectural or historic preservation lists, but Pier 4's most famous and oldest resident, the iconic Anthony's Pier 4 restaurant, a yesteryear playground for stars and the city's movers and shakers, remains unscathed.

"Anthony's is out on the water, we're more inland. Our building won't affect it," says Hall. "I don't know what their plans are, but for now it seems untouched."

"This area is in its early stages, but it already has much for residents to enjoy."
DAVID HALL, HANDOVER COMPANY

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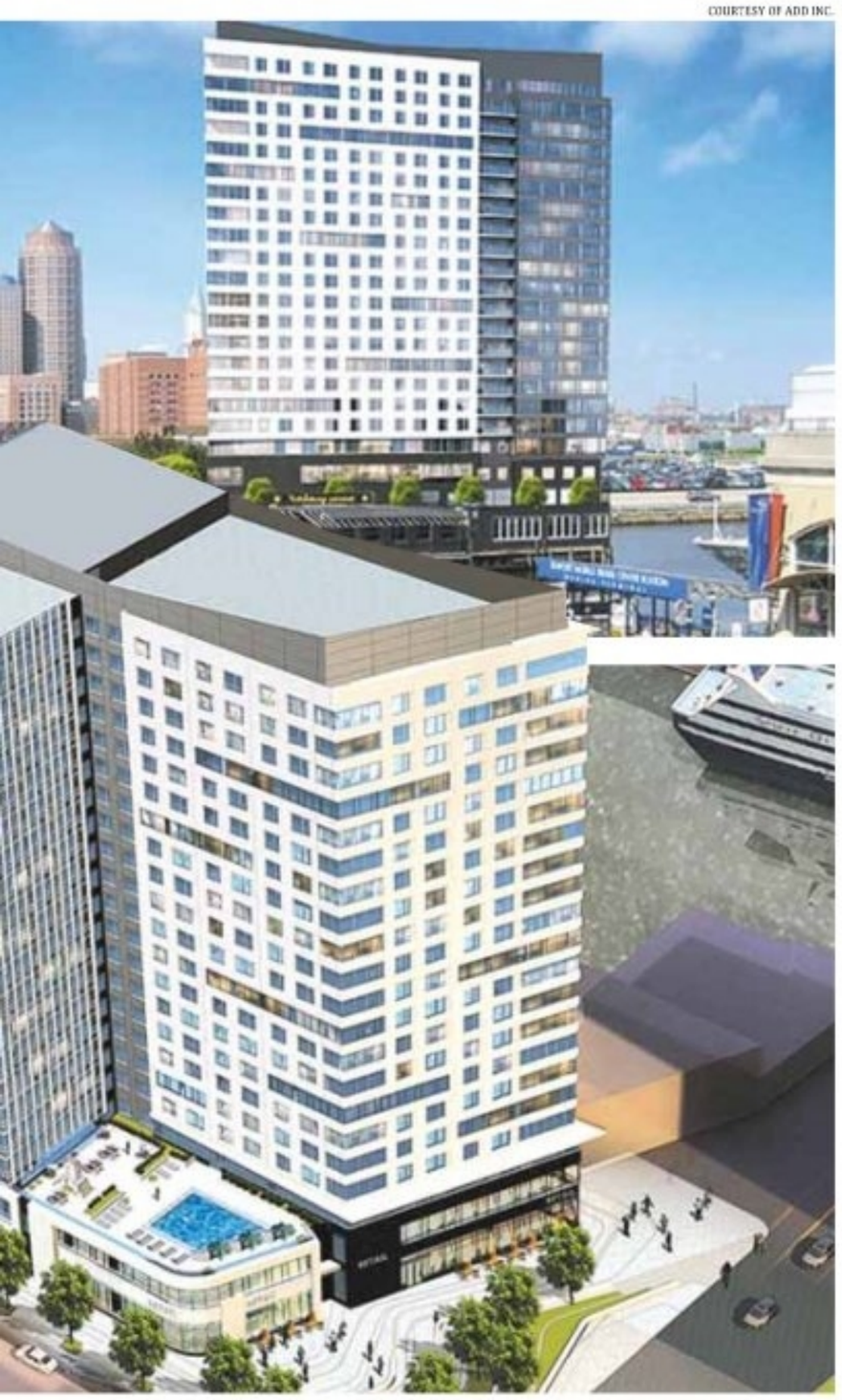

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By Attorney George Warshaw

Last week we briefly discussed the tax benefits and perils of gifting real estate. One thing that most people do not consider as a gift is when a child's name is added to a parent's deed.

Usually a child is added to a deed to make inheritance easier or to help manage the parent's property. Adding one's name to a deed can have unintended tax consequences. It is often considered a gift under the tax code!

If it is considered a gift, then the person receiving the gift receives along with it the same tax basis that the parent had in the property.

If a house is worth $500,000 and a child is added to a parent's deed as a joint tenant with rights of survivorship, the child usually receives a gift of a portion of the parent's ownership interest – typically a half-interest.

Keep in mind this basic estate planning rule when transferring any interest in property: a person inherits property at its fair market value; a person receives a gift of property at the same tax basis (i.e. cost + improvements) as the giver has in the property.

Check with your tax accountant, adviser or lawyer before adding someone onto a deed. The foregoing may not apply to you. © 2013 George Warshaw.

GWA

George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com.

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